

Physical Activity and Your Safety

General safety tips for walkers and joggers:

- Use the sidewalk **OR** always walk facing traffic when on the side/shoulder of the road.
- Obey all traffic signals. Cross only at street corners or marked crosswalks.
- When approaching another walker or jogger from behind, give a verbal warning before passing them.
- Dress to be seen. Wear bright colored clothing. In poor light, wear safety reflective materials designed for improving your visibility to drivers.
- Wear comfortable, good fitting socks and shoes suitable for physical activity.
- Be cautious of wildlife.

Personal safety tips:

- Let someone know where you are going and how long you'll be gone.
- Use a familiar route.
- Avoid poorly lit areas.
- Be active in public places. Avoid isolated trails and paths.
- Carry a cell phone if you have one.
- Prepare for the weather.
- Consider joining a local mall-walking club.



Be careful of:

- Wet leaves, branches or debris
- Cracks in the sidewalk or road
- Puddles of water
- Patches of ice
- Loose gravel
- Rocks
- Broken glass
- Uneven pavement
- Car doors opening in your path
- Storm grates and drains

